

## WAY TO REST IS TO LOAF.

A lot of people who are looking forward with considerable glee to coming vacations will return more tired than they went away. This is not a mere idle observation, but the precise deduction from scientific data by Dr. Frederick S. Lee, "fatigue specialist" of Columbia University.

Leaving out the technical details about nerve exhaustion, oxygen and carbohydrates, fatigue substances and a number of other things we never heard of, Dr. Lee declares that you cannot rest by working, even if the work is different from what you are accustomed to.

Anything that tires the body tires the mind, and vice versa; yet thousands of exhausted mental workers will seek rest in physical exercise wholly strange to their usual habits. They will merely go from "comfort of their homes to the acute distress of their vacations," says Dr. Lee.

How, then, is a fellow to rest? "By just resting," says our expert adviser. Simply don't work either your muscles or your mind. Take it easy. Loaf, idle, do nothing! In other words, be a "weary Willie."

### Did He Mean It?

In Indiana a man wanting a wedding license is required to tell if he has been married before and if so what has become of his first wife. A Pike-co. man filled in that space this way:

Married before? "Yes."

Where's first wife? "Gone to the grate beyond."

MY MAN, YOU LOOK GOOD AND  
HUSKY. I WILL JUST APPOINT YOU  
MY ASSISTANT SERGEANT  
AT ARMS.

TANK YOU.  
YOU CAN  
DEPENT  
ON ME.



### PRAISE.

"Handsome is as handsome does,"  
Tell me not of woman's eyes,  
Tell me she can darn a sock,  
Tell me she can make mince  
pies.

Talk not of man's bulging brain  
On the thoughts that scorch his  
hair;  
Rather say he never cussed  
At his itchy underwear.

Beauty is a fashion plate,  
Handsome figures may tell lies;  
Human praise should be reserved  
For useful things, like swatting  
flies.

Some bolts hold things together;  
Others are streaks of lightning.